



## NORTH CAROLINA NATIONAL GUARD STRONG BONDS RETREAT APPLICATION

The North Carolina National Guard Family Programs and Chaplains are proud to, once again, host a number of Strong Bonds Retreats to assist Single Soldiers, Military Couples and Military Families gain tools to build better relationships and communication skills.

Due to increased interest, the application process has changed. Each application will be considered on an individual basis. There are a number of unique situations and circumstances that will be taken into consideration before registering any Soldier to attend. *Some of these things include:*

- Returning from deployment in the last 18 months
- Upcoming deployment in the next 12 months
- Attended Retreat in the past two years

These circumstances are considered to ensure that every Soldier may have the opportunity to attend and when it is most beneficial to his/her Family. Please ensure when completing this application that you read it thoroughly. There is a lot of information and only completed applications will be considered. The POC for all Strong Bonds Retreats is Wendi Bell at wendi.bell@us.army.mil and/or 919-664-6078. Please feel free to call or e-mail with any questions.

### Keep in Mind When Applying:

1. The retreats are filled on a "first-come, first-serve" basis.
2. If for any reason you are placed on a waiting list, you **will not** automatically be registered for another retreat. Please call or e-mail to request a different date or discuss other options.
3. **All communication will be via e-mail.** Please read all e-mails and provide a frequently checked e-mail address. There is information included in the e-mails which may require you to respond by a certain date. If responses are not received when required, there is a possibility that your slot may be given to another Soldier/Family.
4. Each Soldier will need to inquire with their unit if they would like to use the retreat to SUTA. We will be happy to verify your attendance at the retreat if your unit requires this. However, we are unable to provide SUTA certificates or request approval for Soldiers to SUTA.
5. All Soldiers will be limited to one retreat. For example, Soldiers will not be able to attend a Marriage Retreat and a Family Retreat in the same year. If you desire to attend more than one retreat, justification will be required.
6. There is a non-refundable \$20 registration fee for all participants. Please do not submit payment until you receive registration confirmation.
7. Due to budget constraints, there will be **no** travel reimbursement this year.

**Marriage Retreats:** Due to the nature of the retreat, we are no longer able to offer childcare. In addition, only married couples will be eligible to attend. You *must* be married at the time of the retreat; and, your spouse must be listed as a dependent in DEERS, per requirement of NGB.

**Single Soldier Retreats:** Childcare is not available for this retreat, and travel costs will not be reimbursed.

**Family Retreats:** Only Families with children ages 8 and over will be registered to attend. If you have children under 8 that are too young to participate, childcare will be provided for them. Due to budget constraints, travel costs will not be reimbursed this year. **Please be aware that the first session of this program begins at 7 p.m. on Friday night. Please plan to arrive at the hotel in plenty of time to attend the first session.**

Check, in order of preference 1-3, which Retreat you would like attend. If your 1<sup>st</sup> choice is full, you will be placed in one of your other choices. You will be notified via email of which event you are registered for. If you would like to be put on the waiting list for your 1<sup>st</sup> choice, please indicate on your Registration Form, and you will not be placed in one of your other choices. Thank you.

**\*\*Registration deadline at least 30 days prior to event; Dates and Locations tentative.\*\***

**Single Soldiers Retreat:**

Date	Location	Preference		
27-29 April	Myrtle Beach, SC	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____
20-22 July	Myrtle Beach, SC	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____
17-19 August	Beach	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____

**Marriage Enrichment Retreat:**

Date	Location	Preference		
4-6 May	Myrtle Beach, SC	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____
8-10 June	Asheville, NC	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____
27-29 July	Charleston, SC	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____

**Family Retreat:** (First session of this program begins at 7 p.m. on Friday night.)

Date	Location	Preference		
20-22 April	Gatlinburg, TN	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____
22-24 June	Myrtle Beach, SC	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____
10-12 August	Mountains	1 <sup>st</sup> ____	2 <sup>nd</sup> ____	3 <sup>rd</sup> ____

Please answer the following questions:

- Are you deploying in the next 12 months? \_\_\_\_ Yes \_\_\_\_ No  
If yes, with what unit? \_\_\_\_\_
- Have you returned from deployment within in the last 18 months? \_\_\_\_ Yes \_\_\_\_ No  
If yes, with what unit? \_\_\_\_\_
- Have you attended any Strong Bonds retreats in the past 2 years? \_\_\_\_ Yes \_\_\_\_ No  
If yes, which one? \_\_\_\_\_

Please mail or email completed application to:  
NCNG Family Programs  
c/o Wendi Bell  
1636 Gold Star Drive, Raleigh, NC 27607  
919-664-6078/ wendi.bell@us.army.mil

## Soldier Information

Name: \_\_\_\_\_

Rank: \_\_\_\_\_ Unit: \_\_\_\_\_

Spouse Name: (Marriage/Family Retreat only):  
\_\_\_\_\_

Children Names & Ages (Family Retreat only)

First Name

Age

E-mail Address: (A frequently checked email address, as ALL communication will be via e-mail.)  
\_\_\_\_\_  
\_\_\_\_\_

Phone Number:  
\_\_\_\_\_  
\_\_\_\_\_

Home of Record Address:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you or any of your Family Members have any dietary/allergy concerns you feel we need to be aware of? If so, please list below:  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_ Please check here acknowledging that you have read page 1 of the NCNG Strong Bonds Retreat Application.

***\*\* Please do not send registration fee until you have received confirmation that you are attending. \*\****